

The Menace Of Malnutrition

IT IS DOUBTFUL WHETHER there is any place in the world where more people are undernourished than in Canada during peacetime. Considering the amount of cereals, nuts and fruit and dairy products which are produced here each year, it would be natural to suppose that Canadians would be among the best nourished people in the world. However, surveys have shown that between thirty and forty per cent. of the population suffers from some form of malnutrition, or are in danger of falling prey to it. Ignorance of proper nutritional standards, faulty distribution of food and other associated factors are believed to be the causes of the high occurrence of nutritional diseases here.

Is Considered Serious Menace

Health authorities have expressed the view that malnutrition is an Indian disease, more drastic in its effects than some others which attract greater attention. Poliomyelitis is given as an example of a disease which is widely feared and vigorously combated. Yet it is said that last year over 100,000 Indians died of malnutrition. In all, there were 35 deaths in the police, while 42 deaths were attributed to nutritional deficiency. Rickets, which is one of the greatest problems connected with nutrition in Canada, leaves permanent deformities and causes many deaths each year. Statistics show that eleven per cent. of the children in this country suffer from rickets, which can be prevented by the use of fish liver oils. Another nutritional disease, found to be very prevalent in some areas, is nutritional anemia, caused by lack of iron in the diet.

Cause Is Laid Under the direction of Dr. L. E. Pett, chief of the nutritional division of the department of national health and welfare, a series of seminars has been held in various areas throughout the Dominion and it

was from these that the foregoing facts were discovered. Public health services and many other agencies have accomplished a great deal through educational programs and various other means. It is believed that lack of knowledge of the nature of the disease is the main cause of the problem and very little information as to the variety of food necessary for a balanced diet are not available. It is in the best interests of any country to improve standards of health and reduce disease in all age groups. Some diseases present complex problems which cannot easily be solved but it would seem that through careful planning of food distribution and through education, it should be possible to eliminate malnutrition as a menace to national health.

IN CASE YOU'RE INTERESTED

Smoking has become more popular; it's a social disease, every waxy, whirling cloud of the cigarette's waste product is spun gold.

What does not show in the cost-of-living index, smoking is perhaps the most inflated item in the average citizen's daily budget. Cigarette inflation has been tax-induced.

In most provinces cigarettes sell for nearly 33 cents for a pack of 20.

Of course 12 cents is for federal "excise tariff".

This is just about twice what the manufacturer gets for the finished product.

But to his price (6.13 cents) and the 12-cent tariff is added the 8-cent sales tax, accounting for another 1½ cents.

To make certain the吸烟者 don't feel in financial trouble, Ottawa has hit him with another 1 cent for every five cigarettes, or a cent a pack—was revenue tax.

Thus, 21½ cents of the 33-cent price is strictly for the government.

But there is more.

Londoners Were Very Adaptable

The late Sir Sidney Kidman, the Australian cattle king who revolutionized the cattle and horse industry in Australia, actually had brought out to Australia twenty-five London bulls, 1,000 (and more) cattle, to become boundary riders. Some of them had never astride a horse before, but they were most adaptable and became the most remarkable sound horses and able to handle a mob of cattle with the best of the "dinkum Aussies".

TO BUILD NEW SCHOOL
Contract has been awarded to Manitoba Engineering Company, Winnipeg, for \$35,000 school at West St. Paul, Man.

LETHAL TIDE KILLS MILLIONS OF FISH

CORAL GABLES, Fla.—Untold billions of yellowish microscopic bacteria less than 1/100th of an inch long caused the most destructive tidal wave from the lower Florida Keys to Cape Sable in the Gulf of Mexico leaving millions of dead fish.

The deadly tide is composed of a mixture of tiny particles of plankton, the poisonous waste which is killing the fish, Dr. W. W. Smith, of the University of Miami director of marine laboratory reported.

Dr. Smith and Miami scientists had concluded that the sudden freak of nature had caused this particular type of plankton to reproduce in astronomical numbers.

GEMS OF THOUGHT

THE BEAUTIFUL

In all ranks of life the human heart yearns for beauty, for grace, for completeness, and similar qualities. How fast that aesthetic taste grows! "Buy Germoline today, without fail."

By cultivating the beautiful we scatter the seeds of heavenly flowers as by doing good we cultivate those that are to gift us to the world. —B. Stow.

That which is striking and beautiful is not always good; but that which is good is always beautiful—Ninon de L'Enclos.

Life and goodness are immortal. They are the fountain of existence into loveliness, freshness, and continuity, rather than into age and blight.—Mabel Baker Eddy.

The human heart has done much, and will do more, to regenerate the world and bring in everlasting righteousness than all the other agencies put together.—Chalmers.

Loveliness needs not the aid of for signs of beauty.

But when unadorned, adorned the most.—James Thomson.

The first issue of the first Russian paper, *Vedomosti*, published under supervision of Peter the Great, appeared Jan. 13, 1703.

FUNNY And OTHERWISE

Employer (to clerk)—I thought you were sick yesterday?

Clerk (sighs). I was.

Employer—Well, you certainly didn't look very sick when I saw you at the races yesterday afternoon.

Clerk—I didn't? You should have seen me after the fourth race.

"It's a bottle of hair tonic, dear."

"Oh, that's very nice of you, dear."

"Yes, I want you to give it to your typist at the office, her hair is coming out rather badly on your card."

How you bent the ear about the tough old character who was told by his doctor that he should drink a glass of orange juice after a hot bath.

Doctor met the old fellow two or three days later.

"Did you drink that orange juice?" he asked.

"Gosh, doc, not yet," answered the old fellow. "I ain't finished drinking that bath."

Wife: "The doctor said at once that I needed a stimulant. Then I decided to take a vacation."

Husband (alarmed). "Good heavens! Do I hope he didn't give you a stimulant for that year?"

"Waiter, this is outrageous!" You raised the price of cottage pudding ten cents a portion."

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